



Breastfeeding E-News

World Breastfeeding Week August 1-7, 2015

BREASTFEEDING AND WORK

LET'S MAKE IT WORK!



The 2015 theme for World Breastfeeding week centers on working women and breastfeeding. This was also the theme for the 1993 World Breastfeeding Week. While much progress has been made in supporting working mothers there is still much to be done to improve the support of women who combine working and breastfeeding.

The labor force participation rate of mothers with children under eighteen years of age was 69.9 percent in 2013, 74.7 percent for mothers with children six to seventeen years of age, and 63.9 percent for mothers with children under six years of age, 61.1 percent for mothers with children under three years of age, and 57.3 percent for mother of infants (2013 annual averages).¹

Most women want to breastfeed their newborns, 84.2 percent in Kansas in 2013, but due to lack of support or the belief that they do not have enough milk or because they must return to work many quit breastfeeding in the first few weeks postpartum. Work place support can help mothers achieve their breastfeeding goal.

More support for working breastfeeding women started in 2008 with Health and Human Services materials and grants for the *Business Case for Breastfeeding—Steps for Creating a Breastfeeding Friendly Worksite*. The Kansas Breastfeeding Coalition, Inc. was lucky enough to receive one of those initial grants to implement the ongoing Kansas Business Case for Breastfeeding Program. An additional boost to the support of working breastfeeding moms are the rules in the Affordable Care Act that require employers to provide breaks for pumping and a place (not a restroom) to pump.

Ideas for World Breastfeeding Week

- Sponsor an education session for employers in your community, perhaps work through the Chamber of Commerce.
- Help an employer in your community receive the Business Case for Breastfeeding Award from the Kansas Breastfeeding Coalition, Inc. See the [Business Case for Breastfeeding page](http://ksbreastfeeding.com/BusinessCaseForBreastfeedingPage) at ksbreastfeeding.com.
- Share with employers <http://www.kansasbusinesscase.com/> -a good source of information for employers to help them support their breastfeeding employees. Offer to help an employer develop an appropriate lactation room.
- Look for employee health fairs in your community and participate to share information about the value of breastfeeding to everyone.
- Read more about World Breastfeeding Week 2015 at <http://worldbreastfeedingweek.org/>

1) Bureau of Labor Statistics, U.S. Department of Labor, <http://www.bls.gov/news.release/famee.toc.htm> (Tables 5 and 6), 2013 annual averages.

Breastfeeding and Long Term Benefits

A research article about the Association between breastfeeding and intelligence, educational attainment, and income at 30 years of age: a prospective birth cohort study from Brazil was released last month in *The Lancet Global Health*. The study found that “Breastfeeding is associated with improved performance in intelligence tests 30 years later, and might have an important effect in real life, by increasing educational attainment and income in adulthood.” To read the full article click [here](#).

The release of this research was followed with a spate of comments and additional pro and con articles. Positive breastfeeding research may result in biased comments from other reviewers who may have had an unsuccessful breastfeeding experience. Decide for yourself. Read more in *The Atlantic*: "[About That Breastfeeding Study](#)", in the article in *Breastfeeding Medicine*: "Fallout from IQ Study ignores barriers to breastfeeding" and in comments found [here](#).



A working mother breastfeeding—supermodel Gisele Bündchen.



In the News

- The practice of selling or donating human milk over the internet is growing. A new study points out the dangers. Read more [here](#).
- Read yet more about the selling of breastmilk—*The New York Times*: "[Breast Milk Becomes a Commodity, With Mothers Caught Up in Debate](#)"
- Thousand Days (days of pregnancy and the first two years of life) has released an [infographic](#) to help promote awareness about the importance of breastfeeding and recommended actions for promoting breastfeeding.
- *Better Workplaces, Better Businesses*: "[Businesses Support the Family and Medical Insurance Leave Act](#)"
- *The Seattle Times*: "[Paid parental leave is good for parents and business](#)"
- *Medium*: "[America Shouldn't Be in Last Place on Paid Family Leave](#)"

Thought for the Day

“Supporting your breastfeeding employees saves money because breastfeeding employees miss work less often, breastfeeding lowers health care costs and fosters better retention, higher productivity and loyalty.”

Health Resources and Services Administration Business Case for Breastfeeding

